

MACRO-FRIENDLY RECIPES

ONE-PAN LOADED CAULIFLOWER NACHOS



These are 'na-cho' usual chips. This recipe uses roasted cauliflower as the nacho base and is topped with chicken, cheese and beans. Not only do you get an extra serving of veggies from the cauliflower, the beans also provide a healthy dose of fiber and protein. Feel free to customize these cauliflower nachos by adding your favorite toppings such as guacamole, black beans or ground beef.

INGREDIENTS

For the Roasted Cauliflower:

- 1 head cauliflower
- 2 tablespoons olive oil, divided
- 1 tablespoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Salt and pepper, to taste

For the Toppings

- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded rotisserie chicken (or 1 large chicken breast)
- 1/2 cup cooked pinto beans
- 1/4 cup diced red onion
- 1 jalapeno, sliced
- Fresh cilantro
- Pico de gallo, optional

Special sauce: (1/2 cup plain Greek yogurt + 2 tablespoons Frank's Red Hot), optional



DIRECTIONS

Preheat oven to 400°F, and rub a baking sheet with a teaspoon of olive oil. Prep cauliflower by cutting the head into quarters. Then, slice into thin chiplike pieces. Place on pan.

Drizzle cauliflower with the remaining olive oil and season with garlic powder, chili powder, cumin, salt and pepper. Bake for 25 minutes.

Remove from oven and flip the cauliflower. Add cheese, chicken, beans, onion, jalapeno and cilantro. Bake for 5–10 minutes, until the cheese has melted.

Serve with pico de gallo and special sauce, if desired!

NUTRITION INFORMATION

Serving Size: 1/2 the pan (yields 2 servings for recipe)

Per serving:

Calories: 380

Total Fat: 19g

Saturated Fat: 5g

Monounsaturated Fat: 10g

Carbohydrate: 31g

Dietary Fiber: 11g

Sugar: 9g

Protein: 27g

Cholesterol: 11mg

Sodium: 354mg

Resource: fitfoodiefinds.com

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